

Good Self-Care Assessment

Rate each with one of the following: 1 - Rarely 2 - Sometimes 3 - Frequently



- ☐ I get plenty of rest and sleep 7-8 hours daily.
- ☐ I eat healthy foods and regular meals
- ☐ I maintain contact with people who support me emotionally
- ☐ I exercise 30 minutes or more 3-5 times per week
- ☐ I take a break at work every 1 - 1.5 hours to stretch and move around
- ☐ I engage in spiritual activities regularly
- ☐ I play! I do something fun at least once a week
- ☐ I nurture my relationships - call/write/email/visit/talk/date
- ☐ I get outside daily - the fresh air and lush greenery (or invigorating snow) are good for me
- ☐ I use my down time to rejuvenate - do something I enjoy